



Emergencies Do Happen

Know your neighbors.

Plan together.

Be ready.



Will you know what to do?

Fires. Wind storms. Earthquakes. Floods. When you live in Los Angeles County, you know emergencies do happen. Nobody can predict the next one, but you can be ready.

Get to know your neighbors. Say hello. It's a small step, but connecting with your neighbors could save your life some day.

It may be hard to get to know them with everyone's busy schedules, but it's important. In an emergency you or your neighbor might provide support that could be life saving.

Research shows that if neighbors know one another and prepare together for emergencies, the chances of survival are improved.

So say hello and connect with your community.

Know your neighbors.

Plan together.

Be ready.



This project was supported by Grant/Cooperative Agreement Number 2U90TP917012-11 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

This document was partially funded through grants from the Federal Emergency Management Agency's (FEMA) Grant Programs Directorate, U.S. Department of Homeland Security. Points of view or opinions expressed in this document are those of the authors and do not necessarily represent the official position or policies of FEMA's Grant Programs Directorate or the U.S. Department of Homeland Security.

Your neighbors could be your first responders.

Know Your Neighbors

Do you know your neighbors? Regardless of the type of emergency you may face or where you live, it's important to know your neighbors.

Here's why:

- Emergency response teams may be delayed
- Your neighbors may be the first ones who can help
- They know where you live and will have a better idea of what you might need

So meet your neighbors today!



Being prepared for an emergency begins with "hello".

- Introduce yourself and let them know you live nearby
- Tell them you're making a plan in the event of an emergency and want to share your information
- Exchange contact information such as a phone number or email
- See example contact list at the end of this pamphlet

Learn more at beredyfa.org or 

Plan Together

Neighborhood Plan

You've met your neighbors. Now it's time to put together an emergency plan. Working together to be prepared will help create a better plan.

Organize and announce a neighborhood meeting.

- If possible, add your emergency planning activities to an existing community or neighborhood meeting
- Use community news websites and newsletters, pass out flyers, and post in public places
- Use existing tools to create a neighborhood emergency plan (bereadyla.org/makeaneighborhoodplan)
- Emphasize the need for everyone to work together
- Have follow-up meetings



Create a neighborhood map.

Create a map that shows the following details:

- Point out key community services and resources that can provide support
- Identify community members that have training or skills that can provide support before, during or after an emergency
- Identify the location of community members who may have additional needs including families with small children, people with pets, the elderly or those who need help to walk or move
- Choose a neighborhood gathering or evacuation site
- Create a neighborhood contact list with addresses, phone numbers and emails

For more information including downloadable Emergency Planning Tools visit:

bereadyla.org/makeaneighborhoodplan

Household Plan

In addition to a neighborhood plan, each household needs its own plan. This lets everyone in the household get involved and know what to do in an emergency.

- Prepare an Emergency Kit that meets the needs of your family including additional needs of children, the elderly, and any pets
- Know the location of your kit and include a plan with important information such as a neighborhood map, emergency contacts, evacuation routes/emergency exits, the location of the gas shut-off valve, water main shut-off valve and electrical circuit breaker box
- Practice your plan and keep your Emergency supplies updated

For more information including downloadable Emergency Planning Tools, visit:

bereadyla.org/makeahouseholdplan

and

bereadyla.org/skillsandsupplies

Supplies for your household emergency kit.

Include enough supplies for at least 3 days

Water

- Store one gallon of water per person (or pet) per day
- Store water in clean plastic containers
- Avoid using containers that may break, such as glass bottles



Food

- Choose canned or packaged foods that don't require refrigeration or cooking



Examples include:

- Ready-to-eat canned meats, beans, tuna fish, fruits and vegetables
- Canned juices, milk and soup
- High energy foods, such as peanut butter, granola bars and trail mix

Remember to include:

- Foods that you and your family like
- Special food for infants or persons with dietary restrictions
- Pet food

First Aid Kit

- Buy or put together a first aid kit for your home and one for each car containing:
 - Protective Gloves
 - Cleansing agent/soap
 - Sunscreen
- Sterile gauze and adhesive bandages in assorted sizes
- Hypoallergenic adhesive tape
- Tweezers
- Scissors
- Antibacterial cream



Medications

- Prescription medications you and your family use daily (Have at least a 7 day supply of each one)
- Non-prescription medications you and your family use regularly



Tools and Supplies

- Solar, manual or battery operated radio and extra batteries
- Flashlights and extra batteries
- Manual can opener
- Fire extinguisher
- Whistle
- Work Gloves
- Tools to turn off gas and water
- Personal hygiene items, such as toilet paper, toothbrushes, toothpaste and soap
- Extra clothing and sturdy shoes



Records

- Store important records and documents in a waterproof, portable container
 - Inventory of valuable household items
 - Family records
 - Cash in small bills
- Examples include:
- Personal identification, financial, health and insurance information and other important documents



Important steps to take immediately after an emergency occurs.

Emergencies create confusion and stress. That's why it's important to have a plan and practice it before an emergency happens. The following steps will help you and your household members respond quickly.

1. Check on members of your household, family, and neighbors
2. If there is glass and fallen debris, protect your head, hands and feet
3. If necessary, shut off gas and water lines
4. Check electrical circuit breakers
5. Place a paper on your front door that says "Help" to let your neighbors know if you need help
6. If necessary go to your family/neighborhood evacuation site
7. Stay informed

For more information, including downloadable forms, visit:
bereadyla.org/sevenstepsinanemergency



Know your neighbors. Plan together. Be ready.

Practice and stay prepared

Be Ready

You've met your neighbors and made a plan. Remember these steps to stay prepared.

Yearly

- Practice evacuation of your home and neighborhood
- Check and update neighborhood maps

Twice a year

- Check and confirm contact lists
- Keep Emergency Kits up-to-date

For more information visit:
bereadyla.org/beready

Volunteer and connect with the larger community.

Volunteering can help you connect with others in your community and take an active role in being prepared. You may meet many people who have great ideas and plans to share.

Volunteer Opportunities with Los Angeles County include the **Medical Reserve Corps (MRC)**, **Public Health Emergency Volunteer (PHEV) Network** and **Community Emergency Response Team (CERT) Program**.

MRC Los Angeles is made up of medical, health, dental, mental health and other skilled professionals trained to assist during public health emergencies. mrclosangeles.org

PHEV Network works with established community volunteer units that assist in responding to public health emergencies. The Network has created a system to attract, train and activate these groups. publichealth.lacounty.gov/eprp

CERT Program educates people about disaster preparedness and trains them in basic disaster response skills. cert-la.com

For more information, about these and other Emergency Preparedness Organizations, visit:
bereadyla.org

Learn more at bereadyla.org or 

Here are some samples of how to share information with your neighbors

Neighborhood contact lists

House/Apartment #1:

Address _____

Adult Name(s) _____

Children Name(s) _____

Best Phone _____

Email _____

Pet(s) _____

Any person with specific needs _____

Key contacts (out of state, parents, friends, relatives, schools)

Name _____

Phone _____

Email _____

For printed forms visit bereadyla.org/lists

Additional Resources

Neighborhood Plan

bereadyla.org

Los Angeles County Department of Public Health

ph.lacounty.gov/eprp

Ready: Prepare. Plan. Stay Informed

ready.gov

The content of this booklet is for information purposes only. The content is not intended to be and should not be considered legal or professional advice, nor substitute for obtaining such advice. The user bears all risks related to the use of this information, which is presented "as-is" without warranty or indemnity of any kind. The information presented here may or may not reflect the most current procedures and should not be solely relied upon to make decisions of a substantive nature.